

Harvest the Energy

Supermarket Checkout — and Workout *Cart home the goodness of grains*

At first thought, a trip to the supermarket may get you down because it cuts into the 20 minutes you have left in your day to devote to a TaeBo routine or nightly jog. However, it may be easier than you think to turn an ordinary trip to the supermarket into a strategic workout!

The next time you take a trip to the supermarket, think of it as a chance to bring the famed game show “Supermarket Sweep” to life as you speed through the store, stocking up on a variety of energy-filled grain foods in a limited amount of time.

Following is a list of high-energy grain foods you can grab during your in-store workout to fill you with energy for your next “supermarket sweep,” carpooling trek to the weekend soccer game, children’s weekend sleepover at your house, or workout session at your favorite gym.

As you speed through the “breads and cereals” aisle, stock up on breads and rolls:

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| <input type="checkbox"/> Bagels | <input type="checkbox"/> Rye bread |
| <input type="checkbox"/> Breadsticks | <input type="checkbox"/> Tortillas |
| <input type="checkbox"/> English muffins | <input type="checkbox"/> White bread |
| <input type="checkbox"/> Muffins | <input type="checkbox"/> Whole wheat bread |
| <input type="checkbox"/> Pumpernickel bread | <input type="checkbox"/> Cereal bars |
| <input type="checkbox"/> Ready-to-eat cereals | <input type="checkbox"/> Toaster pastries |
| <input type="checkbox"/> Raisin bread | <input type="checkbox"/> Hot cereals |
| <input type="checkbox"/> Rolls | |

Add some foreign flair to your shopping cart as you enter the “ethnic foods” aisle:

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| <input type="checkbox"/> Bulgur | <input type="checkbox"/> Pizza crust |
| <input type="checkbox"/> Pasta | <input type="checkbox"/> Rice |
| <input type="checkbox"/> Couscous | <input type="checkbox"/> Oriental Noodles |

As you barrel down the “baking supplies” aisle, stock up on your favorite supplies:

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| <input type="checkbox"/> Quinoa | <input type="checkbox"/> Angel food cake mix |
| <input type="checkbox"/> Barley | <input type="checkbox"/> Pancake and waffle mix |
| <input type="checkbox"/> Cornmeal | <input type="checkbox"/> White flour |
| <input type="checkbox"/> Muffin mix | <input type="checkbox"/> Whole wheat flour |

Fly fast through the freezer section, but don’t forget to grab your favorite frozen breakfast treat:

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| <input type="checkbox"/> Bagels | <input type="checkbox"/> Pancakes |
| <input type="checkbox"/> Bread dough | <input type="checkbox"/> Waffles |
| <input type="checkbox"/> Cinnamon rolls | <input type="checkbox"/> Biscuits |

As you cruise down the “cookies and crackers” aisle, cram some healthful treats in your cart:

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| <input type="checkbox"/> Animal crackers | <input type="checkbox"/> Graham crackers |
| <input type="checkbox"/> Crackers | <input type="checkbox"/> Pretzels |
| <input type="checkbox"/> Fig bars | <input type="checkbox"/> Whole grain crackers |
| <input type="checkbox"/> Fruit cookies | |

